

# Sanitary and Safety Practices

## CHAPTER 8

**COMPLETION:** In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. In personal care services, the three levels of decontamination are (sanitation) , (disinfection) , and (sterilization) .
2. The removal of all living organisms on an object or surface, including bacterial spores, is called (sterilization) .
3. Any item that comes in contact with the client must be clean and (sanitary) .
4. A massage practitioner's hands can be sanitized by (washing with soap and water) .
5. Minute, unicellular microorganisms exhibiting both plant and animal characteristics are called (bacteria) .
6. Beneficial and harmless bacteria that perform useful functions are termed (nonpathogenic) .
7. Bacteria that cause or produce disease are termed (pathogenic) .
8. Three general forms of pathogenic bacteria are (cocci) , (bacilli) , and (spirilla) .
9. The body's natural ability to resist infection is (immunity) .



10. The body's most important defense against invasion of harmful bacteria is the (skin).
11. Proteins that are produced in the body in response to contact with an invading bacteria are (antibodies).
12. Submicroscopic pathogenic agents that invade living cells and are capable of transmitting disease are called (viruses).
13. The primary precaution in infection control is thorough (hand washing).
14. An acceptable way to sanitize linens is to wash them in hot, soapy water and add one-half to one cup of (chlorine bleach).
15. Floors, sinks, and restrooms can be cleaned and sanitized with a solution of (Lysol or cresol).
16. A common disinfectant used to clean surfaces and implements is a (10) percent chlorine bleach solution.
17. If there is suspicion of bacterial contamination, the hands can be rinsed with (a mild alcohol solution).

**SHORT ANSWER:** In the spaces provided, write short answers to the following questions.

1. If a client has an infection or contagious disease, what are two things that the massage practitioner should do?
  - a. (follow universal precautions)
  - b. (recommend that the client seek appropriate medical help)
2. When should the massage practitioner wash her hands?  
(before and after every massage treatment)
3. List three acceptable means of sanitizing implements.
  - a. (boiling in water for 20 minutes)
  - b. (processing in an autoclave)
  - c. (washing in soap and water and then immersing in a disinfectant such as alcohol)

4. List two agents that can be used to disinfect implements.

a. (ethyl or grain alcohol)

b. (10 percent chlorine bleach solution)

5. The primary precaution for infection control in the massage practice is

(thorough hand washing)

**MATCHING:** Match the procedure for disinfecting or sterilizing with the given situation. Write the letter or letters of the appropriate procedure in the space provided.

A. boiling in water

E. rinsing with alcohol solution

B. chlorine bleach

F. soap and hot water

C. cresol or Lysol

G. wiping with alcohol

D. immersing in quats

(F) 1. massage table surface with normal use

(F, G) 2. massage table face cradle

(F) 3. practitioner's hands before a massage

(F) 4. practitioner's hands after a massage

(E, F) 5. practitioner's hands after working on client with possible contagious skin condition

(C) 6. bathroom sink

(C) 7. bathroom floor

(C) 8. shower stall

(F) 9. linens after normal use

(B, F) 10. linens after use on clients with possible contagious conditions

(D, F) 11. brushes and combs kept for client use

(B, F) 12. towels used for wraps and hydrotherapy

**MULTIPLE CHOICE:** Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. Every state protects the public health through

a) commissions

c) sanitation

b) laws

d) inspections

(b)







20. When removing a cream or a salve from an open container to use on a client, the practitioner should \_\_\_\_\_

(c)

- |   |   |
|---|---|
| a) first wash their hands                                 | c) use a spatula or other implement                       |
| b) discard the remaining product or give it to the client | d) immediately replace the cover to prevent contamination |

**WORD REVIEW:** The student is encouraged to write down the meaning of each of the following words. The list can be used as a study guide for this unit.

antibodies

*(Antibodies are a class of proteins produced in the body in response to contact with antigens that immunize the body.)*

antigen

*(An antigen is a foreign substance or toxin that can trigger an immune response.)*

bacteria

*(Bacteria are minute, unicellular organisms exhibiting both plant and animal characteristics and are classified as either harmless or harmful.)*

body mechanics

*(Body mechanics is the observation of body posture in relation to safe and efficient movement in daily living activities.)*

congenital

*(A congenital condition is a condition or disease that is present from the time of birth.)*

contagious

*(Contagious means able to infect by direct or indirect means.)*

contaminate

*(To contaminate means to infect or make unclean.)*



disinfection

*(Disinfection is the level of decontamination that is nearly as effective as sterilization, but it does not kill bacterial spores.)*

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fomite

*(A fomite is an object or material that is likely to carry infection, such as clothing, dirty linens, or used hypodermic needles.)*

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fungi

*(A fungus (pl. fungi) is one of a diverse group of organisms potentially capable of causing disease that thrive or grow in wet or damp areas.)*

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immunity

*(Immunity refers to all of the physiologic mechanisms used by the body as protection against foreign substances.)*

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infection

*(Infection is the result of a pathogen's making contact with and finding entry into an organism.)*

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infectious agent

*(An infectious agent is a pathogen or disease-causing substance.)*

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path of transmission

*(The path of transmission is the way that a pathogen finds entry into a new host.)*

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pathogen

*(A pathogen is a microscopic living organism.)*

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sanitation

*(Sanitation is the third level of decontamination practiced in the massage studio and is done with soaps or detergents and water.)*

sodium hypochlorite

*(Sodium hypochlorite is common household bleach.)*

sterilization

*(Sterilization is the most complete cleansing process that destroys all living organisms, including bacterial spores.)*

universal precaution

*(Universal precautions is a system of infection control that protects persons from exposure to blood and bloody bodily fluids.)*

virus

*(A virus is any class of submicroscopic pathogenic agents that transmit disease.)*